



**Robert E. Bush
Naval Hospital**

Did you know?...

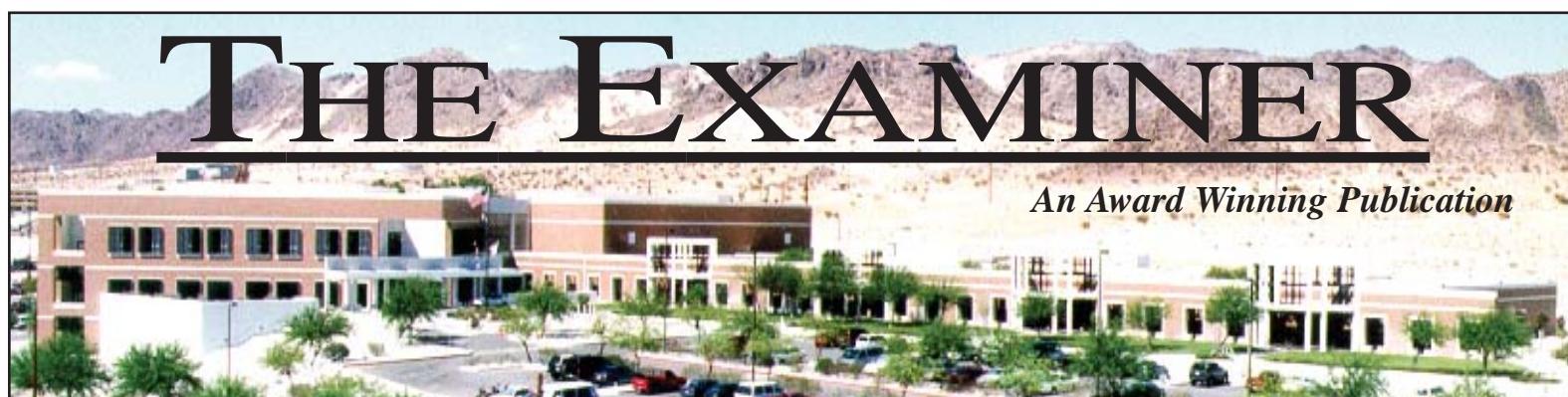
You have the right to express your concerns about patient safety and quality of care. There are several avenues open to you:

- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2764
Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Change of Command at Robert E. Bush Naval Hospital



Captain Ann Bobeck

A traditional Navy Change of Command and retirement ceremony took place June 28, at the Robert E. Bush Naval Hospital, Twentynine Palms, Calif., where Commanding Officer, Capt. Ann Bobeck, Medical Service Corps, United States Navy was relieved by Capt. Jay Sourbeer, Medical Corps, United States Navy.

Bobeck who took command in May 2010, relinquished that leadership position and retired after serving 29 years in the United States Navy.

Bobeck was born in Sugar Notch, Pennsylvania, the youngest of seven children. Following graduation from Pennsylvania State University with a Bachelor of Science Degree in Healthcare Administration and Planning in 1981.

Her initial assignment in 1983 was at Naval Medical Command, North West Region, Oakland, California where she

served as the Assistant to the Associate Director of Plans and Operations, as well as the Flag Aide to the Commander, Navy Medical Command North West Region.

After her assignment at Oakland, Bobeck transferred to Naval Hospital Philadelphia in 1986 and was assigned as the Head, Outpatient Records followed by a promotion to Head, Patient Administration.

During this two year tour, her Patient Administration Department earned Naval Hospital Philadelphia the "Certified Pipeline Mover" Award, the first time Navy Medicine was awarded this distinction.

After Duty under Instruction at The George Washington University, Bobeck was awarded a Masters Degree in Healthcare Administration in 1990.

Upon graduation, she was assigned as the Head, Patient Administration Department, Naval Hospital Yokosuka, Japan until December 1992.

Subsequent assignments from 1993-1998 included Director for Administration and Resources, Naval School of Dental Assisting and Technology, San Diego, California., and Senior Analyst, Bureau of Medicine and Surgery, where she wrote the Navy's contact lens policy to support operational requirements.

In October of 1998, she assumed responsibility as the Director, TRICARE Western Pacific, implementing the Navy's first contract to provide healthcare services in remote countries, which now provides services world-wide.

2001-2007, Bobeck served as Associate Director, Healthcare Operations and Planning, National Naval Medical Center Bethesda, Maryland., Director, Healthcare Operations and Planning, Naval Medical Center, San Diego, as well as the Director, Multi-Service Market Office, San Diego.

Bobeck's previous assignment before reporting to Naval Hospital Twentynine Palms was as Executive Officer, Naval Health Clinic Annapolis, Maryland.

She is a Certified Healthcare Administrator, American Academy of Medical Administrators.

Her awards include the Defense Meritorious Service Medal, the Meritorious Service Medal (four awards), the Navy Commendation Medal (two awards), the Navy Achievement Medal as well as numerous unit and service awards.

Bobeck is married to a fellow Navy Medical Department Officer, Captain Scott Colburn, Dental Corps, United States Navy.

Bobeck and her husband retired to Southport, North



Captain Jay Sourbeer

Carolina, after a combined 52 years of U.S. Naval Service.

The Hospital newest Commanding Officer, Captain Jay Sourbeer was born in 1959 in Clearwater, Florida.

After graduating Largo High School in June 1977, he attended Duke University, graduating with honors, completing bachelor degrees in chemistry and economics in 1981.

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Patients seen in May -- 13,301

Appointment No Shows in May -- 838

In May we had a small increase to 5.9 percent of patient appointment no shows. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot... To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

Woodson says Vigilance is Vital to Combat Troop, Veteran Suicide

By Karen Parrish
American Forces Press Service

WASHINGTON, June 20, 2012 - The ongoing battle against service member and veteran suicide requires community, commitment, and attention to three critical areas, a senior Defense Department official said.

Addressing attendees at the annual DOD and Department of Veterans Affairs suicide prevention conference, Dr. Jonathan Woodson, assistant secretary of

defense for health affairs and director of the TRICARE Management Activity, acknowledged that suicide is a "very, very tough problem."

The conference drew hundreds of health care providers, researchers, and others from what Woodson called a broad community of people from government and private industry working to understand and defeat the occurrence of suicide in the ranks and among the nation's military veterans.

Woodson said employing vigilance, reducing stigma and shar-

ing success stories are essential to the struggle to end suicide.

Though friends, families, and leaders at all levels have been mobilized to be aware of the issue of suicide, Woodson said, all must remain dedicated to understand how to "prevent our friends and fellows from taking their own lives."

"Vigilance cannot be over-emphasized, because we know that suicide is often an impulsive act in the face of life stressors," Woodson noted.

People need to know what to look out for, where to get help, and how to direct those in need to access that help, he said.

"We do know something about prevention, and we need to be relentless in sharing what we know," Woodson added.

Woodson recommended that military leaders strive to establish a positive command climate and foster a sense of trust in their units. Those actions, he said, will build a foundation for a unit that responds to individ-

ual needs.

"Be a visible and regular presence," Woodson urged.

Indicators of potential suicide, which include alcohol or illegal drug abuse, criminal behavior and misuse of prescription drugs, should be triggers for action, he said.

Woodson said eliminating the stigmas service members may perceive as being attached to seeking mental health care is "the most critical breakthrough" that can happen.

"We need to do more," he said. "The benefits of being able to counsel someone freely, in confidence, about the challenges that life has presented are incalculable."

Leaders must be particularly careful about responding angrily to a service member who is struggling, he said.

"One of our jobs [as leaders] in this cauldron is to help lower the temperature," Woodson noted. There are teaching moments -- not lecture moments

-- present in every life crisis situation, he said. Speaking up and offering the right guidance at those moments, he added, can save a life.

It's also important to share victories and success stories, Woodson told conference attendees.

"We need to repeat what we know, in formal and informal settings," he said. "We need to share stories ... where awareness and intervention changed the direction of an individual who was [traveling] down the wrong and tragic pathway."

The military and veteran communities must make greater strides in assisting individuals who need help before a suicide occurs, Woodson said.

"We can usually see the complications and the stressors of a person at risk," he said. The goal, he added, is to get better at intervention "before a tragedy occurs."

Driving Over Age Fifty What you need to know

By Martha Hunt, MA CAMF
Health Promotions and Wellness
Robert E. Bush Naval Hospital

According to the National Transportation Safety Board (NTSB) and the Centers for Disease Control and Prevention (CDC), by 2025 a quarter of all drivers in the U.S. will be age 65 and older.

Aging can affect driving safety by reduced vision -- especially at night, difficulty judging distance and speed, limited movement and range of motion and slower reaction times are just a few of the ways age can affect driving.

The Driving Safety Cycle is a way to help you to make sure that your trips behind the wheel are safer for everyone. PLAN: Before you begin driving, plan your route and make sure your car is properly prepared. SCAN: Pay close attention to what is happening all around you. Look and listen for situations that may require you to react quickly. THINK: Consider how safety will be affected by road conditions or storm warnings. DECIDE: Decide how to handle the situation so you feel in control. And finally, ACT: Apply good judgment even before you get behind the wheel.

What are the warning signs that you or a loved one may need to stop driving? Warning signs include: feeling less comfortable and more nervous while driving, difficulty staying in the lane of travel and more frequent close calls. Finding dents or scrapes on the car, fences, garage doors, etc. is a serious warning sign that you are having problems. Other warning signs include getting lost, other drivers honking or yelling at you or anything else that is out of the normal for how you usually drive.

If you notice one or more of these warning signs you may want to have your driving tested by a professional or attend a driver refresher class. You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive. Some insurance companies will give you a safe driver discount if you complete a driver's education refresher class.

What are some of your transportation alternatives? You can use public transportation such as busses, cabs or van pools that can take you directly to your doctor appointment or shopping. If you cannot drive, you can ask friends and family members who drive to take you places. Finally, you can keep your vehicle and have others drive for you e.g. volunteer driver programs.

If interested in a senior driving class for yourself or a loved one, the closest AARP driver safety class is the Mizel Senior Center in Palm Springs. Call (760) 323-5680 for more information. To find transportation services in your area, call Morongo Basin Transit Authority at Customer Service at (800) 794-6282 or (760) 366-2395.

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Executive Officer
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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Super Stars...



HM3 James Louck, Adult Medical Care Clinic receives his first Good Conduct Medal.



Ubaldo 'Dave' Llanos, Command Suite, receives a 25-year Federal Service Award.



HM3 George Mingle, PACU, was frocked to HM2.



HM3 Jason Mitchell, Manpower, was frocked to HM2.



Danny Morrissey, Radiology, recently earned his IT certification.

HM3 Charles Idos is frocked to HM2.

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Tobacco and Metabolic Syndrome

*By Martha Hunt, MA, CAMF
Health Promotion and Wellness
Robert E. Bush Naval Hospital*

Metabolic Syndrome is a group of risk factors linked to being overweight that increases your chance for heart disease, diabetes and stroke.

The five conditions listed below are the risk factors for Metabolic Syndrome. A person can develop any one of these risk factors by itself, but they tend to occur together.

Metabolic Syndrome is diagnosed when a person has at least three of these risk factors:

- * A large waistline. This is also called abdominal obesity or "having an apple shape."

- * A higher than normal triglyceride level in the blood (or you are on medicine to treat high triglycerides -- or bad cholesterol). Triglycerides are a type of fat found in the blood.

- * A lower than normal level of HDL cholesterol (high-density lipoprotein cholesterol or good cholesterol) in the blood (or you are on medicine to treat low HDL).

- * Higher than normal blood pressure (or you are on medicine to treat high blood pressure).

- * Higher than normal fasting blood sugar (glucose) (or you are on medicine to treat high blood sugar). Mildly high blood sugar can be an early warning sign of diabetes.

Tobacco use can also increase your risk of metabolic syndrome. Tobacco use:

- * Makes you crave starch and fat - a large waistline.

- * Raises your triglyceride levels - a higher than normal triglyceride (bad cholesterol) level in the blood.

- * Lowers your HDL level - a lower than normal level of HDL cholesterol (good cholesterol).

- * Gives you high blood pressure - higher than normal blood pressure (or you are on medicine to treat high blood pressure).

- * Doubles your risk of diabetes -- nicotine in tobacco spikes your blood sugar and then prevents the release of insulin. This keeps your blood sugar abnormally high until the nicotine wears off and then your blood sugar bottoms out. Also, if you have a blood relative that has diabetes, your risk is even higher due to the genetic links to diabetes.

Other factors that can contribute to metabolic syndrome are diets high in meat, fried food and sodas. Diet sodas make you crave calories from other sources and can cause over eating rather than help you cut

calories. Regular sodas are simply empty sugar calories. People who drink soda of any kind double their risk of diabetes.

People who suffer high levels of stress are twice as likely to develop metabolic syndrome as stress raises your blood sugar levels. Also, people who don't sleep properly have five times the risk of diabetes, higher rates of heart attack, stroke, and metabolic syndrome. Short sleep duration or poor sleep quality such as having sleep apnea is directly linked to excess body weight and the inability to balance your metabolism when you sleep.

Call Health Promotion and Wellness at (760) 830-2814 for more information on tobacco cessation. If you are interested in medications to help you quit tobacco, contact your primary care provider. Remember that your annual wellness visit to your doctor offers you the chance to talk to your provider about your diet, sleep problems or any other concern you may have.

Super Stars...



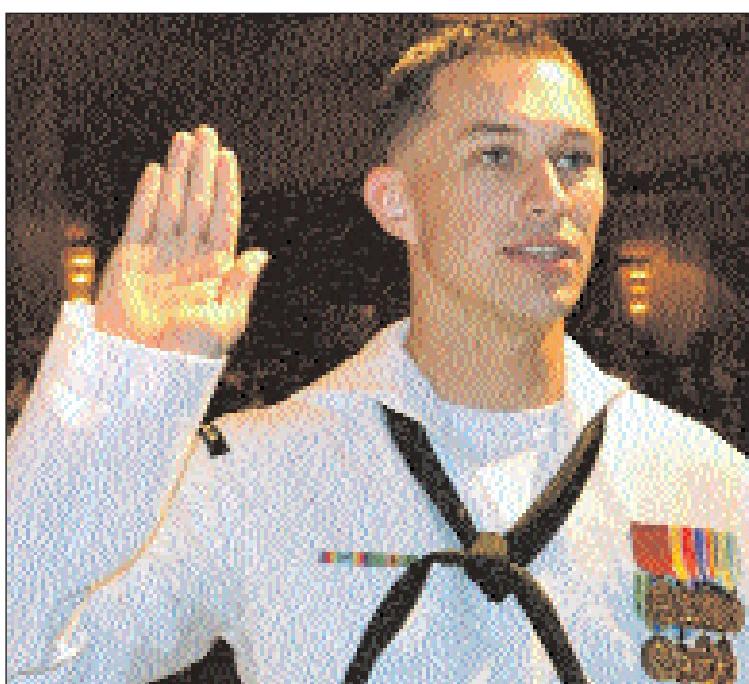
HMCM (SW/FMF) Rodney Ruth, Command Master Chief and Captain Ann Bobeck, Commanding Officer celebrates the Hospital Corps Birthday by reenlisting the Master Chief.



HM2 Sonny Lemerande, a wounded warrior, is honored by being piped ashore at his "medical retirement" ceremony during the 114th Hospital Corps Birthday celebration.



Lt. Cmdr. Chris Joas, Medical Corps Officer and Officer In Charge, Branch Health Clinic Bridgeport, shares his medical knowledge with an eager student at a local Child Development Center.



HM3 Casey Mortensen, Medical Home Blue Team, takes the oath of reenlistment at the Hospital Corps Birthday celebration. In addition at the earlier monthly awards ceremony Mortensen was awarded his first Good Conduct Medal.



Lt. David Welch, Emergency Medicine Dept., receives a Navy and Marine Corps Commendation Medal.



Lt. Robert Scherl, Physician Assistant assigned to the DeWert Branch Health Clinic at Bridgeport takes the oath at his promotion ceremony while deployed to Afghanistan on June 6.



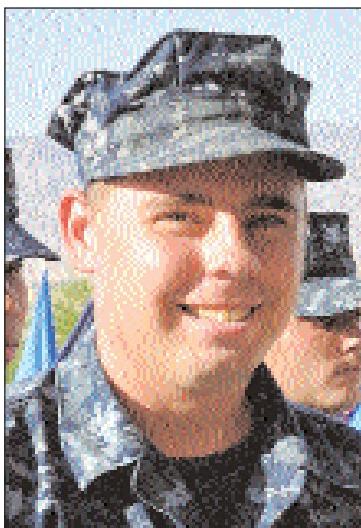
HM3 Dominique Lemons, Physical Therapy, receives his second Good Conduct Medal.



HN Rachel Sieber, Branch Health Clinic Bridgeport is frocked to HM3.



HM1 Tracy Ashley, Preventive Medicine, receives a sixth Good Conduct Award.



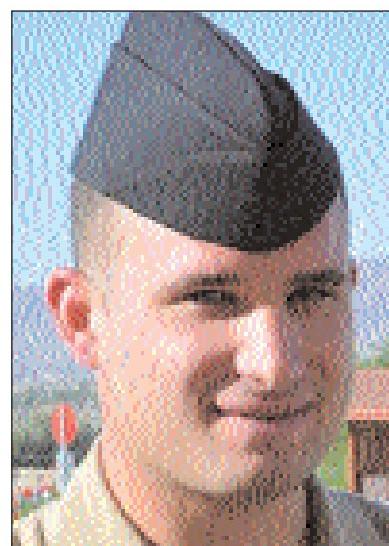
CSSN Basnett, Combined Food Services, receives his first Good Conduct Medal.



HN Kevin Brackens is frocked to HM3.



HN Richard Callahan is frocked to HM3.



HN Brandon Crook is frocked to HM3.



Lt. Cmdr. Brian Drummond, a physician in the Emergency Medicine Dept. receives a Gold Star in lieu of his second Navy and Marine Corps Achievement Medal.



HM3 Odlyner Esteller, Pharmacy receives a Flag Letter of Commendation.



Lt.j.g. Angela Evans, Maternal Infant Nursing Dept., receives a Gold Star in lieu of her third Navy and Marine Corps Achievement Medal.



YN3 Robert Fields, Manpower, is frocked to YN2, at the Hospital Corps Birthday celebration.



HN Andrea Galvan, Adult Medical Care Clinic, is frocked to HM3.

Continued on page 6

Super Stars...

Continued from page 5



HN Marshall Molletta, Branch Health Clinic Bridgeport, Junior Sailor of the Quarter.



Lt. Ashlyn Lobenberg, left, and Tom Teleha, above received recognition from Capt. Ann Bobeck at a departmental luncheon honoring the staff of the Behavioral Health Department.



HM1 Jason McKinley of the Branch Health Clinic Bridgeport, Senior Sailor of the Quarter.



CS3 Melissa Gumm, frocked to CS2.



Lt. James Barlow, Dept. Head of Staff Education and Training has been Credentialed by the American Academy of Medical Administrators (CAAMA). By passing the CAAMA examination he demonstrated an advance level of knowledge in the healthcare administration profession and has proven his commitment for professional development and continued leadership.



HN Nick Ibarra is frocked to HM3.



HM3 Jonathan Kirkpatrick, Radiology, receives a second Good Conduct Medal.

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Super Stars...

Continued from page 6



Bob Knight, Template Manager receives 30-Year Federal Length of Service Award.



HN Edward Navarro, GenSurg/Ortho, is frocked to HM3.



HN Joshua Nelson, was frocked to HM3.



HM3 Benjamin Heimer, is frocked to HM2.



HM3 Vincent Petsch, receives his first Good Conduct Award.



HN Jonathan Persinger is frocked to HM3.



HN Robert Rose is frocked to HM3.



Lt. Cmdr. Amy Sulog, passed the Certified Defense Financial Manager with Acquisition Specialty (CDFM-A) exam.



HN Javier Rodriguez is frocked to HM3.



HN Kenneth Slagle is frocked to HM3.



HM3 Michael Wall receives his first Good Conduct Medal.

Change of Command...

Continued from page 1

Sourbeer joined the Navy in 1981 via the Armed Forces Health Professions Scholarship Program. He completed his Medical Doctorate in June 1985 at Jefferson Medical College in Philadelphia, and was elected to the Alpha Omega Alpha Honor Medical Society.

In 2009 Sourbeer was selected to attend the Naval War

College, serving as the Class President and earning his Masters Degree in National Security and Strategic Studies.

He is dual boarded in Family Practice and Occupational Medicine, Diving and Hyperbaric Medicine.

Sourbeer is a Flight Surgeon, Undersea Medical Officer, Surface Warfare Medical

Officer, Submarine Warfare Medical Officer, and he also has earned the Presidential Service Badge and the Deep Submergence Dolphins.

Sourbeer served as the Executive Officer, Naval Hospital Oak Harbor prior to reporting to the Robert E. Bush Naval Hospital.

Sourbeer's wife Shelly and sons, Jeffrey and Jay will accompany him on this tour in Twentynine Palms.



Captain Jay Sourbeer, officially takes command from Captain Ann Bobeck during a traditional Navy change of command ceremony, as Rear Admiral C. Forrest Faison, Commander Navy Medicine West looks on.



Captain Ann Bobeck is piped ashore following her Change of Command and retirement ceremony.

Seize your opportunity now!

Naval Hospital Twentynine Palms will hold a school and sports physical rodeo July 17 to 19. These appointments are for school aged children (5 to 17 years of age) who need forms completed to start school or participate in sports activities. The appointments are for screening purposes only.

Has your child had a well child visit or physical exam done in the past 9 months? If so, an appointment is not necessary. Simply fill out the school forms and drop them off at the front desk of either Family Medicine or Pediatrics, depending on where the child normally gets their care. The medical chart will be reviewed and the forms signed and ready for pick up in 2-5 working days.

To make an appointment, please call your child's primary care manager at 760-830-2752, be sure to fill out all school forms and bring them to the appointment, otherwise the appointment may need to be rescheduled. If unable to participate during the Rodeo day please schedule your physical at your earliest opportunity as appointments go quickly.